



MENUCHA CONFERENCE CENTER
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MENUCHA SUMMER FAIR & ICE CREAM SOCIAL
Saturday, August 10, 2019 11:30 am - 4:00 pm

Menucha's summer fundraiser is just around the corner! The Friends of Menucha Foundation invites you to join us for our 2nd Annual Summer Fair and Ice Cream Social on Saturday, August 10 at Menucha.

Join us for a day that has something for everyone: vendors and crafts, lawn games, face painting, and lots of music. Menucha's kitchen will serve make-your-own ice cream sundaes plus other picnic-style food. Admission is only \$10; kids 12 and under get in for free. (Admission includes games, music and an ice cream sundae; food and vendors are an additional cost.) Bring your family and friends to help raise money for a great cause!

Tickets available online July 1st at www.menucha.org/summerfair or at the gate. We hope to see you there!

The Friends of Menucha Foundation presents our
17th ANNUAL FUNDRAISING DINNER "Transformation: Room to Renew"
Sunday, September 8, 2019 • 5:30 pm in the Great Hall
Honorary chairs: Bob Blum and Carol Black • Guest Speaker: Keren McCord

We invite you to join us as we gather together to celebrate Menucha. The evening begins on the spacious terrace overlooking the beautiful Columbia River Gorge. We will enjoy wine, champagne, hors d'oeuvres and live music as we join with old friends and new friends. We will gather in the elegant Great Hall to enjoy an amazing three course dinner prepared by Menucha's talented kitchen staff. The highlight of the evening centers around Menucha and why individuals, families and communities need to experience this wonderful place. The monies we raise will go toward a variety of improvements to Menucha's living spaces, including new furnishings, light fixtures, lamps, rugs and drapes, as well as repainting the rooms.

We are so pleased to have Bob Blum and Carol Black as our honorary chairs this year. They are long-time members of First Presbyterian Church, and generous supporters of Menucha. Bob and Carol have attended many of our fundraising dinners over the years, and have sponsored a table for most of those years.

Keren McCord is a licensed clinical social worker who works with patients and families at the Knight Cancer Institute at Oregon Health & Sciences University. She is also a co-director of the clinical ethics consultation service at OHSU. Keren facilitates retreats for women with breast cancer at Menucha through the Pink Lemonade Project, which aligns with her previous work running summer camps for seriously ill children. She loves Menucha as a place of healing and transformation, and we are thrilled she will be joining us!

Tickets for table sponsorships and individual seats will go on sale Sunday, July 28th. Come and celebrate with us! We would love to have you join us on September 8th for this special evening in support of Menucha.



CONTACT INFORMATION



You may join our mailing list or update the information we have for you by returning this form to us, or by contacting us:

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Name _____
Address _____
City, State, Zip _____
Email address _____
I would like to receive Menucha communications via:
 Email Regular mail

**PLANNED GIVING:
SECURING MENUCHA'S FUTURE**

Remembering Menucha in your estate planning can have positive consequences for both Menucha and you. By setting up a Charitable Trust, you provide Menucha with a source of income in the future while guaranteeing yourself and/or your loved ones a steady income stream now. You may even avoid costly capital gain taxes. It's a wonderful way to support the mission of Menucha for years to come. We have excellent representatives who can speak with you and your financial planner to answer any questions you might have about planned giving or estate planning. Please call our office at 503-695-2243 for more details.

DONATE ONLINE

Now, it's easier than ever to support Menucha. You can donate using your credit card with our secure on-line form. Simply go to www.friendsofmenuchafoundation.org and click on the "Donate Today" link. You may also print out a Donor Form and mail it to Menucha.

We are grateful for all gifts, large or small. Your gifts help us expand our programs, improve our facility and reach out to groups and individuals from around the Pacific Northwest and beyond. Please contact our office if you would like to remember someone special with your gift. Thank for your continued support.



WATCH US GROW—Spencer Parks, Executive Director

Sarah, my wife, and I have a small hobby farm not too far from Menucha. We mainly raise sheep and goats. We've been doing this for about 5 years and while we are far from being experts, we have learned a thing or two. Most notably, sheep and goats display some very human traits. A good example of this happened the other day.



It was time for us to rotate the pasture in which they had all been grazing. We keep the goats in the barn at night so the sheep were the first to make the move. They are easier to convince (normally a bucket with a bit of grain provides all the motivation they need). They happily followed me up to their new pasture. The goats were next. They're smarter and not as easily motivated. They are also creatures of habit, which means that as soon as I opened the barn door they bolted for the old pasture. The new pasture was closer, easier to see, had better grass and the sheep were already grazing happily. None the less, the goats headed to the familiar even though it was further away, had less grass and their sheep buddies were nowhere to be found.

Try as I might, I couldn't convince them otherwise. I called, shook the bucket of grain, tried to herd them in the right direction. In the end it was a lesson in frustration. So I locked them up in the old pasture and within an hour they began to complain bitterly of their plight. This time they moved easily. In a week, all we'll have to do is open gates and doors and everyone will automatically go into the right pasture. It's not so scary and new anymore. It feels more like home.

We humans have an aversion to change as well. Given the choice, we'll most always head to the familiar instead of choosing the new and unfamiliar, even if the new holds much more promise than the old. We like the routine. There's something about the familiar that is comforting and something about the new that produces a tiny bit of anxiety.

Saying that, I need to tell you that Menucha will be going through some changes in the next few years. A few months back we hired some consultants to help us plot a course for the next decade or two. Our board will be going over that report and we'll be making plans to implement their recommendations. One of the really good things that came out of their report was that, generally, we're doing things right. However we do need to make a few changes in order to remain a viable mission in the future.

I'm sure you'll like some of these changes (more comfortable rooms and beds, not so many bunk beds). Other changes might meet with skepticism. Still others you probably won't notice. All of the changes we'll be making will be done to insure the future of the place we love and cherish. We're excited about our future and hope you will be as well. We're counting on your support in order to be successful.

One thing we will never change is the way we treat people at Menucha. We want you to feel cared for here. We want you to go away feeling refreshed emotionally, mentally and spiritually. Our staff strives to nurture our guests and make everyone feel special. So I invite you to visit us soon. Watch us grow. Join us in this exciting venture.



SUMMER AT MENUCHA—Tim Kurkinen, Facilities Operations Director

Sometimes life seems to move too fast. Other times it seems like it isn't moving fast enough. The beginning of every summer can feel this way. With so much to do over the course of an entire Menucha summer it's easy to forget all the hard work that has gone into getting us to where we are now. It is good to remember what we have accomplished. We have done a lot of good and many people have put in an incredible amount of work here. Thank you.

This summer there will be a lot of things to do. As is every summer, the maintenance of the grounds is a constant we know very well. There is an endless sea of grass to cut. There are trees, shrubs, roses, and flowers to prune and water, garden beds to weed and mulch, and trails to clear. Our iconic pool, which requires daily tending, sits proudly atop its viewpoint gazing deeply eastward with its sky blue water. Though there is much to do on this old estate we are grateful for the sun is shining all around and the acres are awake with color.

Thank you everyone for all your care, support, and love.

Photo by Jane Snyder



WELCOME, ROSIE DELIGHT KURKINEN!

Congratulations to Tim Kurkinen and his wife Kim on the newest addition to their sweet family.

Rosie was born on April 15, 2019 at 9:11 a.m. She weighed 6 pounds 13 ounces and was 18 3/4" long.

She joins her siblings Lucy and Heidi who are thrilled to have a new sister to love!

We are so happy to welcome Rosie to our Menucha family!





THE COOKTOP . . .a favorite recipe from the Menucha Kitchen

GLUTEN FREE AND DAIRY FREE ORANGE CAKE

- 4 large eggs (Vegan? - use egg replacer)
- 2 cups sugar
- 1 cup coconut milk or milk of choice
- 1 cup mild vegetable oil of choice
- ¼ cup fresh orange juice (about 1 orange)
- 1 tablespoon orange zest (about 1 orange)
- 1 teaspoon orange extract (optional)
- 1 teaspoon pure vanilla extract
- 2½ cups gluten-free flour blend of choice*
- 1 teaspoon xanthan gum
- ½ teaspoon sea salt
- 1 tablespoon baking powder



*One option for flour blend:
**MARY'S ALL-PURPOSE FLOUR BLEND
 (makes 6 cups)**
 2 cups brown rice flour
 2 cups white rice flour
 1 ½ cups potato starch (not potato flour)
 ⅔ cup tapioca starch/flour

Preheat oven to 350°F. Lightly grease cake pans. Whisk eggs and sugar for 3 to 5 minutes. Combine coconut milk or milk of choice, oil, orange juice, zest and extracts.

Whisk together flour blend, xanthan gum, sea salt and baking powder. On low speed, add dry and wet mixtures to egg and sugar mixture till combined.

Divide batter evenly between prepared pans. Place in preheated oven and bake 30-35 minutes or until cake center springs back to touch.



**We're always looking for
volunteers. Interested?
Contact Lucinda!
lucinda@menucha.org**



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Follow us on Twitter
@MenuchaRetreat



WELCOME TO CLOIE COHEN, OUR NEW DIRECTOR OF DEVELOPMENT!



We are delighted to introduce Cloie Cohen, Menucha's first Development Director. She will work closely with the Friends of Menucha Foundation board members to secure ongoing financial support for Menucha.

After working for many years in administration and development at Childpeace Montessori School, Cloie is excited about taking on fundraising responsibilities at Menucha, especially developing partnership opportunities in the community. "I came to Menucha on retreats before I ever thought about working here. I always left thinking it was a very special place. The natural beauty, the heart of the place, the welcome everyone receives – I think it's a place where people can build authentic community. That's rare and very special."

Cloie's commute to work will be quick; she lives in Troutdale with her husband Joe and their two children who attend the Corbett schools just down the highway from Menucha. In her free time, Cloie likes to cook, write, hike, and play with the family's two Australian shepherd dogs.

We hope you will take the opportunity to introduce yourself to Cloie when you see her at Menucha during your next visit!

WE HAVE A WINNER!



Thank you to all who participated in our second annual photo calendar contest! Our grand prize was awarded to an image of people taking a swim at sunrise. The photographer, Daniel Spalding, snapped it while he was visiting Menucha with the Rotary Youth Leadership Award (RYLA) group. Daniel's photo will appear on the cover of Menucha's 2020 calendar and as the featured photo for July.

"We received photos taken during all four seasons and our judges had difficulty deciding among so many truly beautiful entries," said Menucha's Executive Director Spencer Parks. "Judging was done without names associated. The fact that several people each had more than one photo chosen means they took some great pictures and were willing to pay to submit them."

Monthly winners are: Robert Fox, Alex King (2 photos) Joey Razzano, James Schupp (2), Julie Smith, Jane Snyder, Daniel Spalding and Joe Whittington (4). Every entrant will receive a complimentary copy of the calendar. Winners will receive five copies, and our grand prize winner will also receive a night in the Hideaway with breakfast for two.

Please consider our 2020 calendar as you plan your holiday giving. They will be available for purchase in our gift shop and on our website starting in September.



CHECK OUT OUR MENUCHA PROGRAMS!

There are lots of music, art and faith conversations going on at Menucha! We saw many smiles, a bit of silliness, and generous sharing of time and skills as participants enjoyed our winter and spring programs.

Now we're looking forward to fall which brings us the sounds of acoustic blues guitar, Bible study with Frances Taylor Gench, more Scrapping and Sewing, the "Dynamic Duo" of Chris Stubbs and Rene Eisenbart teaching watercolor, and the return of Scott Lumsden, Heidi Armstrong and Eliana Maxim for a Transitional Ministry Workshop.

UPCOMING FALL 2019 PROGRAMS:



BLUES IN THE GORGE September 25-29, 2019

Mary Flower, Guy Davis, Albanie Falletta, Rich Moore will be teaching and sharing their love of the blues!

ACOUSTIC BLUESMASTERS CONCERT September 28, 2019

Don't play the guitar? Come hear Mary Flower, Guy Davis, Albanie Falletta, and Rich Moore live at the Grange Hall in Corbett. Doors open at 6 pm, Concert is at 7 pm. Tickets \$20 in advance / \$25 at the door

FALL TRANSITIONAL MINISTRY WORKSHOP October 7-10, 2019

Returning for a fall workshop, Scott Lumsden, Heidi Armstrong and Eliana Maxim join forces to help you gain skills and practical wisdom to effectively lead a church to change, renew and grow.



For more information about each program visit our website www.menucha.org/programs

LECTIONARY RETREAT/SEMINAR WITH FRANCES TAYLOR GENCH October 21-22, 2019

A one-night fall seminar/retreat for pastors and church leaders. Frances is professor of Biblical Interpretation at Union Theological Seminary in Richmond, Virginia



FALL WATERCOLOR WORKSHOP October 27-31, 2019



The "Dynamic Duo" of Chris Stubbs (left) and Rene Eisenbart (right) return for another fall workshop focusing on portraiture.

The workshop is full, but a waiting list is available.

SCRAP & SEW CRAFT RETREAT November 1-3, 2019

Bring a friend and a project. We'll take care of the dishes so you can craft to your heart's content!

